



MONTGOMERY COUNTY
Recreation

Martin Luther King, Jr. Outdoor Pool

1201 Jackson Road, Silver Spring, MD 20904 • (240) 777-8066 • www.mocorec.com
Montgomery County Recreation - Aquatics Section

Summer 2019 Pool Use Schedule • May 28 - September 2, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>6:30-8:30 a.m.</div> <div>Early Bird Lap Swim</div> <div>May 28 - June 14: (5) 50 meter lap lanes, (3) 20 meter deep water lap lanes, (1) 50 meter UUL</div> <div>June 15 - August 30: (2) 20 meter deep water lap lanes, (1) UUL</div> <div>May 28 - August 30: Deep Water Running - M/W/F 6:30 - 8:30am, T/Th 6:30 - 7:30am</div>					<div>6:00-9:00 a.m.</div> <div>MCR Swim Team Practice</div>	
					<div>9 a.m. - noon</div> <div>Swim Lessons</div> <div>Water Fitness</div>	<div>9 a.m. - noon</div> <div>Swim Lessons</div> <div>Water Polo</div>
					<div>Beginning June 15</div> <div>Public Swim</div> <div>12 - 8 p.m.</div>	
<div>May 28 - June 14: 4 - 7:30 p.m.</div> <div>(3) 20 meter Deep Water Lap Lanes</div> <div>Deep Water Universal Use Space Available</div> <div>Beginning June 17 Public Swim 1 - 8 p.m.</div> <div>(3) 25 meter Lap Lanes Available 1 - 3 p.m. and 6 - 8 p.m.</div> <div>No Diving Boards or Lanes Available (3:30 - 6 p.m.)</div>						
<div>8:15 - 9:45 p.m.</div> <div>Masters</div> <div>Water Fitness</div>		<div>8:15 - 9:45 p.m.</div> <div>Masters</div> <div>Water Fitness</div>	<div>Pool open on weekends only beginning May 25 from noon - 6 p.m.</div> <div>Schedule is subject to change.</div>			